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MEAT CANNING

by

Susan Z. Wilder
Extension Specialist

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Canning is a method of keeping meat fresh so that variety can be given to the diet in the summer. Fresh meat is expensive to buy in small quantities the year round. By killing in the winter when the possibility of spoilage is small and canning the extra supply, fresh meat is not the problem that it was before canning was discovered.

Unless canning is made use of the family is likely to over-eat on meat; especially is this true of the children. Many people have the idea that it is not harmful to eat all the fresh meat they want. When the possibility of spoilage is added to the necessity of disposing of the meat quickly it is very easy to eat too much. There is a tendency to "make a meal of meat." If the greater part of the meat is canned or cured as soon as it is cooked, there is not this danger.

The canning of meat saves the farmer's wife time and over-work because she does it in the winter when there is not so much to do on the farm. In the summer when she has more work than she can possibly do she is glad to have a fresh meat supply ready to serve at a moment's notice.

"BOILED MEAT"

Too many homemakers think that the best way to can meat is to put it into the cans raw and process it the required length of time. The only product that can possibly result from this method is "boiled meat." A better way is to consider first what you want to serve when the cans are opened, for the product taken from the cans will be no better than what you put into them. Prepare the meat as you want to serve it for the table. Cook it about two-thirds done. Add the gravy or fat left from the cooking to the jar of meat so that you will have it for gravy when you open the can for serving later on. There is so much fresh meat at the time of butchering, it is a good plan to can the choicest and allow the family to eat that which is harder to can.

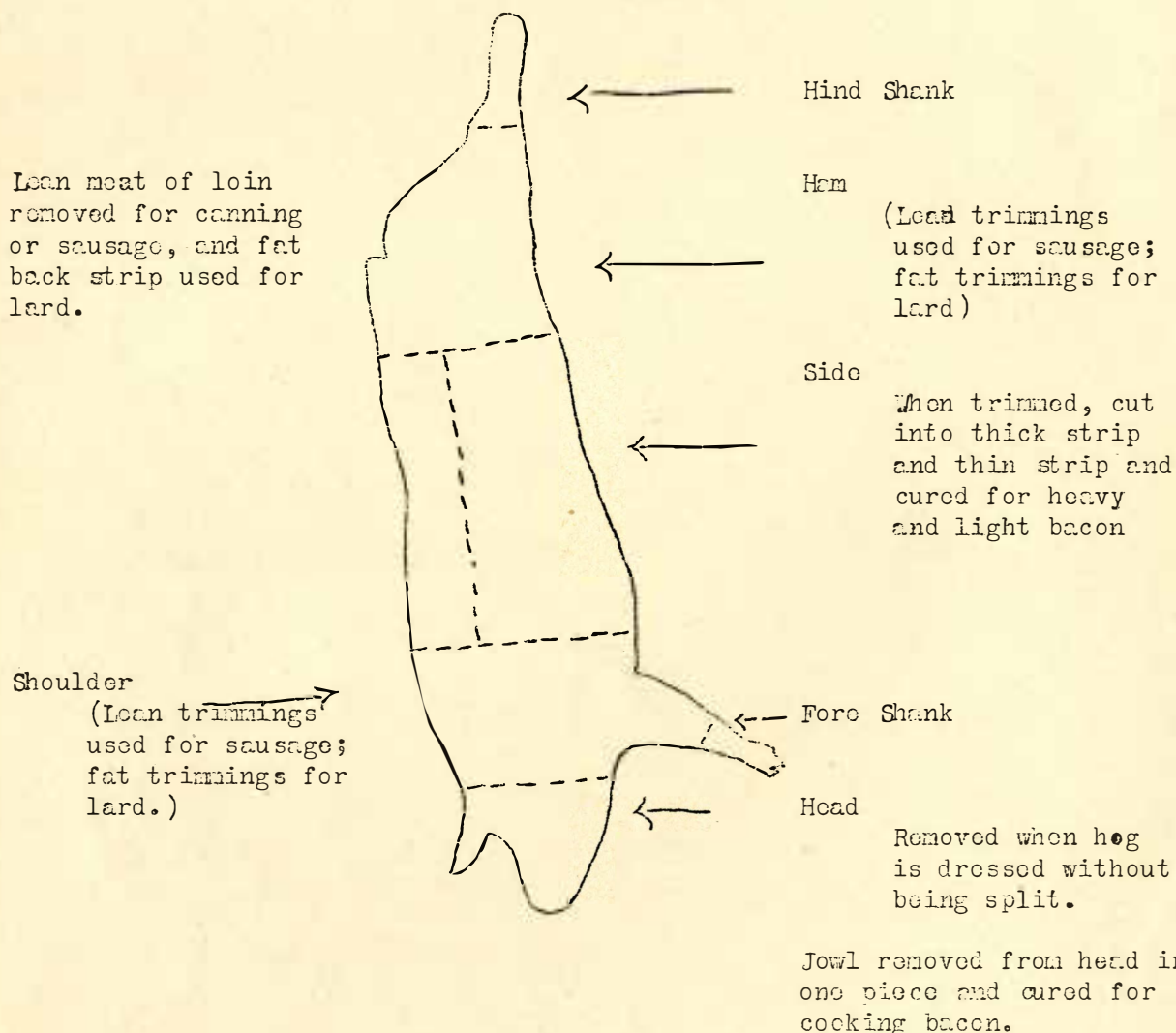
BALANCED DAY'S DIET - PLACE OF MEAT IN THE DIET

A well balanced day's diet should include milk, fruits, vegetables other than potatoes, especially greens and tomatoes, cereals and protein (meat, eggs cheese or fish.) The milk furnishes an adequate protein, 98% of which is digested and absorbed by body; mineral (phosphorus and calcium for the bones and teeth) some iron used by the blood; all the known vitamins (4 in number) for health and growth. The fruits and vegetables furnish minerals, vitamins and roughage needed for bulk to prevent constipation. They are base forming. The cereals are fuel foods principally. When eaten whole they furnish adequate minerals and vitamins. The protein food, as meat, furnish material to repair

Cooperative Extension Work in Agriculture and Home Economics, A. E. Anderson,
Director. Distributed in furtherance of Acts of Congress
of May 8 and June 30, 1914.

and build body tissue. Both mineral and vitamins are inadequate. Meat is acid forming in the body. The body fluids must be kept neutral. If one continues to over-eat in protein foods, especially meat, it is very hard for the body to maintain the neutrality of the body fluids. Therefore, the fruits and vegetables other than potatoes, should be used at least once a day and better twice, because they are base forming and so counteract the acid forming tendency of the meat. The waste of the protein foods often cause bacterial decomposition in the intestines. The use of fruits and vegetables other than potatoes every day tends to prevent this condition because of the cellulose which gives greater bulk to the food waste and makes it pass more quickly and readily through the alimentary canal, thus preventing constipation.

SIDE OF HOG SHOWING FARM METHOD OF "BLOCKING OUT"



In the above method of cutting the ribs are severed on each side of the backbone and the backbone removed before the hog is split in halves. The ribs are then removed. Both backbone and ribs are used fresh.

Farmers in sections that have a reputation for home or farm cured meats have found thru many years of experience that this method of cutting is as a rule the most economical for farm conditions.

Turner Wright
Livestock Specialist.

The following description for cutting up a hog has been taken from "Pork on the Farm, Killing and Curing and Canning", by Frantz P. Lund, Farmers' Bulletin No. 1186.

CUTTING UP A HOG

"A carcass should not be cut up until it has thoroughly cooled. The usual farm method of cutting up a hog is to remove the head, sever the ribs on each side of the backbone, take out the backbone, and divide the carcass into two equal parts. The ribs are taken out before the sides are "blocked." Another method is to split the carcass with a saw or cleaver as near the mid line as possible. Cut each half into four parts, head, shoulder, middle and hams.

Head

The head is generally removed before the carcass is split into halves, Cut about an inch back of the ears, making a complete circle around the neck. If the cut does not strike the atlas joint, twist the head and it will yield. The fat of the head may be used for lard and the fleshy parts for sausage or headcheese. The jowl is sometimes used for cooking with vegetable greens.

Shoulder

Cut off the front foot about one inch below the knee. The shoulder cut is made through the third rib at the breastbone and across the fourth. Remove the ribs from the shoulder, also the pieces of backbone which is attached. Cut close to the ribs in removing them so as to leave as much meat on the shoulder as possible. These are "shoulder or neck ribs" and make an excellent dish when fried or baked. If only a small quantity of cured meat is desired, the top of the shoulder may be cut off about one-third the distance from the top and parallel to it. The fat of the shoulder top may be used for lard and the lean meat for steak or roasts. It should be trimmed smoothly. In case the shoulders are very large divide them crosswise into two parts. This enables the cure mixture to penetrate more easily and therefore lessen the danger of souring. The fat trimmings should be used for lard and the lean trimmings for sausage.

Middlings or Bacon

The ham is removed from the middling by cutting just at the rise in the backbone and at a right angle to the shank.

The loin and fatback are cut off in one piece, parallel with the back just below the tenderloin muscle in the rear part of the middling. Remove the fat on the top of the loin, but do not cut into the loin meat. The lean meat is excellent for canning or it may be used for chops or roasts, and the fatback for lard. The remainder should then be trimmed for middling or bacon. Remove the ribs, cutting as close to them as possible. If it is a very large side, it may be cut into two pieces. Trim all sides and edges as smoothly as possible.

Ham

Cut off the foot about one inch below the hock joint. All ragged and hanging pieces of meat should be trimmed from the ham. It should then be trimmed smoothly, exposing as little lean meat as possible because the curing hardens it. All lean trimmings should be saved for sausage and fat trimmings for lard. The other half of the carcass should be cut up in similar manner.

Meat Trimmings and Fat Trimmings

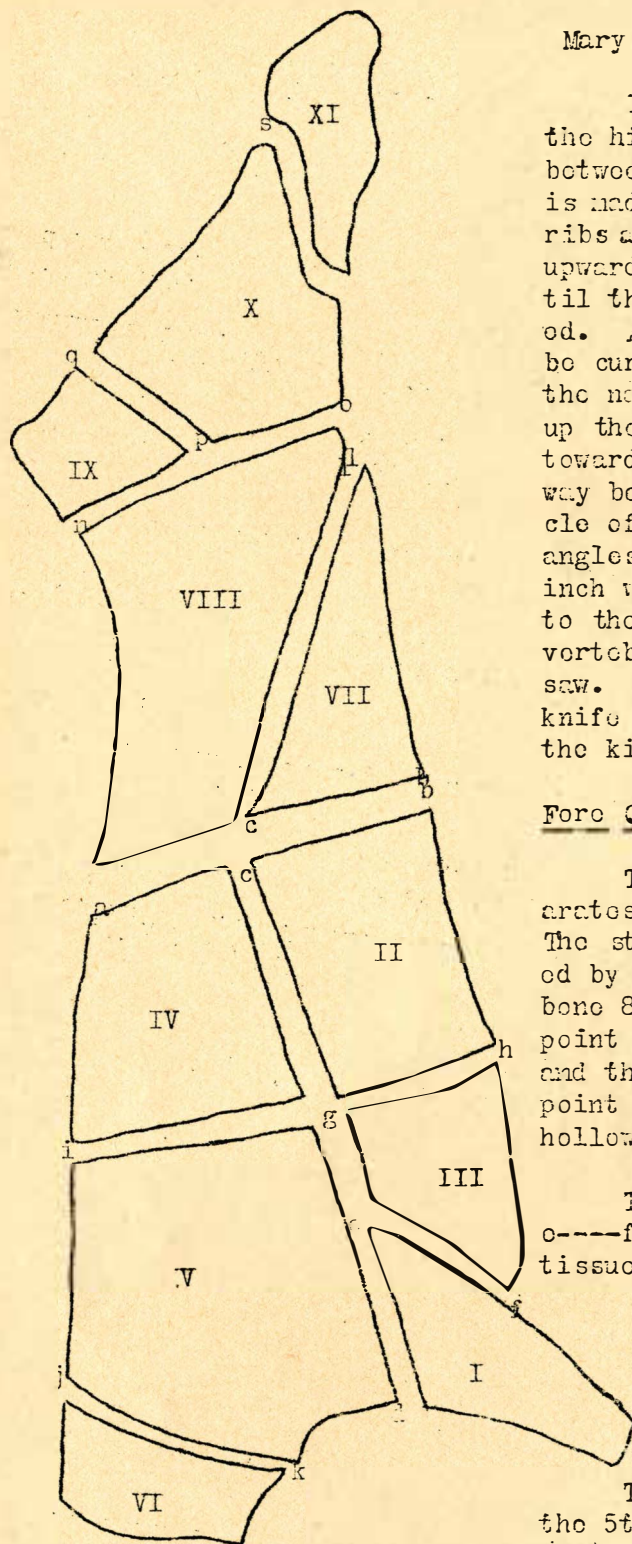
After the carcass has been cut up and the pieces are trimmed and shaped properly for the curing process, there are many pieces of lean meat, fat meat and fat which can be used for lard. The meat should be cut into convenient sized pieces to pass thru the grinder."

The following diagram will give a general idea of the possible disposal of fresh pork.

CANNED	LARD	USE FRESH	CURED
Sausage	Trimnings for lard	Head Headcheese, sausage or scrapple	Jowl strip used for breakfast bacon
Sausage	Fat trimmings	Shoulders - long cut Triangular piece for boiling or fresh sausage	Two shoulders
Loin steak, roasts or sausage	Trimnings, fat back strip and bottom of side	Sides Loin for steaks or fresh sausage	Thin strips make best bacon. Thick strips may be used for thick bacon.
Sausage from trimmings	Fat trimmings	Hams Loin trimmings for sausage	Two trimmed hams
Sausage		Backbone & ribs May be broken into short lengths and used for boiled dinners, roasts, etc.	
Sausage		Hock butts Can be skinned, boned and used fresh as sausage, scrapple or can be pickled whole or cooked with sauerkraut or cabbage	
Pigs feet - bones removed		Pigs feet Boiled and served fresh or pickled.	

THE CUTTING UP OF A SIDE OF BEEF INTO THE PRINCIPAL CUTS

by
Mary A. Dolve



In separating the fore quarter from the hind quarter, the cut a---b is made between the 12th and 13th ribs. The cut is made by sticking the knife between the ribs about the middle of the side. Cut upward, following curvature of the rib until the cartilage of the last rib is reached. After severing this, the cut should be curved slightly downward to the end of the navel, leaving about 4 inches to hold up the hind quarter. Continue the cut toward the backbone keeping the knife half way between the ribs. When the thick muscle of the back is reached, cut at right angles to the muscle so that about one-half inch will be cut from the rear of the next to the last dorsal vertebra. Cut to the vertebra with knife and finish with the saw. When the right side is ribbed, the knife should be slanted so as not to cut the kidney fat.

Fore Quarter

The first cut is c----d. This separates the under side from the upper side. The starting point of this cut is determined by measuring from the inside of the backbone 8 to 11 inches to the rib. The exact point will be based in the size of the beef and the fleshing over the ribs. From this point the cut is straight across to the hollow of the arm.

The shin (I) is separated by cut e----f which is made along the connective tissue.

The plate is divided g----h between the 5th and 6th ribs into the navel plate (II) and the brisket plate (III).

Cut i----g separates the standing rib (IV) from the chuck (V) between the 5th and 6th rib. This removes the end of the shoulder blade.

The neck (VI) is trimmed off by cut j----k which is at the first joint. This removes the atlas bone.

Hind Quarter

The hind quarter is cut up by first removing the flank (VII) by cut l----m. This cut is made by following fairly close to the knuckle muscle of the round and follow approximately on the line of the kidney fat. The kidney fat and kidney are removed from loin (VIII).

The loin (VIII) is removed by cutting n-----c. This cut is made by cutting through the ball and socket joint approximately parallel to the cut, making the separation between the fore and hind quarter. Locate the projection of the femur or leg bone with a thin bladed knife, this is found about the intersection of the cuts between the rump (IX), round (X) and the loin (VIII). The cut should just miss this projection and slant enough to come through about an inch in front of the pelvic or coupling bone. If the cut is made at the right place, a thin slab should be cut from the ball of the femur.

The rump (IX) is separated from the round (X) by cut p----q. The direction for this cut is found by cutting close to the pelvic bone and cutting off a point of the middle of the coupling bone and a thin slab from the upper side of the ball of the femur.

The shank (XI) is cut from the round (X) by cut r-----s above the hock joint. The shank, however, is left on the round very often to make handling easier.

How to Cut up a Chicken

1. Wash the dressed chicken in soapy water. Rinse in hot clear water.
2. Place the chicken with head away from worker.
3. Sever the thing from body by cutting straight down, in front and back to joint.
4. Place the right hand on the body. With the left hand bend the thigh straight out dislocating the hip joint. Cut thru the muscles around the joint.
5. Turn the leg pieces over and cut under the knee. With a quick wrench dislocate the joint. Cut the remaining muscles.
6. Grasp the wing in the left hand lifting the chicken from the table. Cut from under side. The body weight will act as aid in severing the muscles. Twist the wing dislocating the joint. Cut the remaining muscles. When making the first stroke, care must be used not to cut into the crop. Remove the first wing joint. It is mostly bone. Tie the two remaining pieces together to cook. The wings take less room in jars when prepared this way. Remove string before serving.
7. Remove the oil sack at the back of the tail.
8. The breast bone, the wish bone and shoulder blade are joined at the point where the wing was removed. From this joint cut back the flesh for three inches along a line one inch from back bone. This will expose the shoulder blade. Slip the knife under the blade and free it from the muscles. Bend the bone forward dislocating the joint. The chicken will come apart very easily. After the shoulder blade is removed. There are only the muscles left to cut.

9. On every carcass, no matter how poor, there is a fat line extending from the tip of breast bone diagonally across the ribs. Cut on this line from the tip for three inches. Do not cut through ribs but peel flesh back.

10. Grasp the breast firmly in the left hand. Place the right hand at back of the carcass directly opposite the left hand. Dig the fingers into the flesh so as to have a firm grip. With a wrench of the right hand break the back bone. Almost invariably this break will come between the third and fourth ribs. This action exposes the viscera so that it is very easy to cut the membrane around the vent leaving the back of the body cavity free. Cut the carcass in half.

11. Cut out the liver and remove the gall bladder. Remove the gizzard. Cut through the thickest muscle of the gizzard until a white line shows. A slight touch of the knife will sever the inside membrane. The inside sack unbroken can then be peeled out.

12. Cut across the tip of ribs toward the shoulder. As soon as the muscles are cut the breast can be pulled from the ribs since the joint was dislocated when the shoulder blade was removed. Peel the skin off the neck and remove the glands, windpipe, crop and esophagus.

13. Slip the heart from the membrane and cut off the larger end.

14. Remove the lungs from the ribs.

15. Holding the breast in the left hand cut straight down to the bone at the keel. Slant the knife to the right, cutting through muscle to the joint where breast bone and wishbone were attached. Snap off the smaller piece, the wishbone from the breast. Peel the flesh off each side of the breast bone.

CANNING OF MEATS

WHY FOODS SPOIL

There are minute bodies called molds, yeasts and bacteria floating about in the air all the time. They settle on foods, and if left alone long enough and it is warm and moist, they will grow very rapidly destroying the food by their growth and substances they produce. The molds grow easily on cereal products, cheese and fruits. Their fine structure is easily seen. The yeasts set up a fermentation in the foods they attack and so change the character of the food completely. The molds and yeasts are not very resistant to heat and can be destroyed easily. The third form of micro organisms, the bacteria, are the hardest to kill because they can form seed-like bodies called spores when the condition for growth is not satisfactory. In this form they may lie dormant a long time waiting for the right conditions for their growth. The activity of the molds, yeasts and bacteria is made impossible in canning by using only good products, cleansing them, packing in clean jars, heating for a long period of time and sealing. There must be as little delay as possible between the gathering of the product and the final sealing in the jars. Many of the fruits and vegetables deteriorate and ripen very fast after they are gathered due to the activity of the micro organisms. When left in heaps the interior of the mass is warm and damp and gives an excellent opportunity for rapid growth; consequently the difficulty of preparing the product so that it will keep indefinitely is increased. To a certain extent this is true of meat. When it is thoroughly cooled, all that is to be canned should be taken care of immediately.

PRECAUTIONS TO OBSERVE WITH CANNING PRODUCTS

1. Can only the best products. Canning never improves the product.
2. Examine every can of meat, fruit or vegetables immediately upon opening. If there is a peculiar odor or the product is soft, discard.
3. Heat canned goods before tasting.
4. Bury all discarded canned goods. It is not fit for humans or animals.

CANNING PREPARATION

Equipment

Before beginning canning everything should be ready. This means that the room where the work is to be done should be clean and cleared of unnecessary equipment. The housewife needs to have sufficient space to work carefully and quickly.

The jars are brought in, examined for imperfections that may prevent a perfect seal (cracks or nicks about the top) washed. Before the rubbers are put on the jars, water is put in each. The cover is fitted tightly in place, the jars inverted and tested for leaks. The metal top jar must have no cut or broken places in rubber preparation inside the cover; the screw top jar must have well cemented plate inside the cover and the glass top jar must have a bail that holds the cover tightly in place. Bonding the bail into cover will tighten it and bonding bail up will loosen it.

Selecting rubber rings

See that they will not crack when squeezed double, that they will stretch six inches without breaking and will come back into the former position when released. No rubber should be used a second year.

It will also be necessary to have a boiler for a water bath or a steam pressure cooker for the processing. A large rack or individual jar racks are needed to keep jars off the bottom of the boiler. Kettles must be provided for supplying extra hot water. A skillet, sharp knife, teaspoons, tablespoons, measuring cup and holders are needed.

SELECTION AND PREPARATION OF THE MEAT FOR CANNING

All meat for canning must be in excellent condition. Prepare and cook the meat as it is to be served. This method will give a better quality and more attractive meats for the table. It is ready for serving on short notice and will only require reheating.

THE WATER BATH AS A MEANS OF PROCESSING

The hot water bath is not the most satisfactory method for canning meats and the vegetables which are hard to can such as peas, beans, asparagus, corn and spinach. The steam pressure cooker gives better results. The chance of spoilage is not so great with the latter as with the first. However many housewives have to use the hot water bath because they cannot afford a steam pressure cooker. If she has had difficulty keeping meat processed in the water bath the following suggestions may help. Use greater care in selecting and testing jars and rubbers, partially cook the meat before it is placed in the cans. Process the meat from a half hour to an hour longer.

1. Place wash boiler with tight fitting cover on stove, with sufficient water to cover the jars one or two inches.
2. Have the water boiling when time to process jars of products.
3. Have an extra supply of hot water to use for filling up the boiler as the water evaporates.
4. Use either a wooden rack, a metal rack or individual jar holders for keeping the jars off the bottom of the boiler.
5. Lower the jars into the boiler as they are filled, topped and ready to process.
6. Put on the boiler cover so that it fits as steam tight as possible.
7. Keep water boiling continuously during the processing period. Begin to count time when water starts to boil.
8. Remove the jars from the boiler at the end of the processing period. It may be necessary to partly dip the water out of the boiler to get at the jars.
9. Sealing jars. If the meat was packed cold the jars are sealed after the processing. If the jars were packed with boiling hot meat and liquid, the jars are sealed immediately.
10. Invert the jars to cool if possible.
11. Store in cool place.

STEAM PRESSURE COOKER

The best results are obtained in canning the more difficult products as all meats, peas, beans, corn and asparagus with the steam pressure cooker because a higher temperature can be secured and maintained than with the water bath.

The steam pressure cooker is generally made of solid aluminum cast in one piece. It has a steam tight cover which is held in place by small screw clamps. A metal rack is used in the bottom of the cooker to hold the glass jars off the bottom of the cooker. The ten quart capacity cooker will hold three one quart jars or two one quart and one two quart jars. Larger cookers may be purchased. The twelve quart is probably the right size for a family of five. There is a gauge in the cover of the cooker which indicates the temperature and pounds pressure under which the processing is being done. A safety valve which blows off at the highest pounds pressure and an exhaust which allows for the cooling down of the cooker when desired, is also provided in the cover of the cooker.

HOW TO USE STEAM PRESSURE COOKER FOR CANNING

1. Place the rack in the bottom of the cooker.
2. Add water to the top of rack but do not cover.

3. Place filled jars (meats, peas, beans, corn, asparagus, greens) as they are ready for processing onto the rack in the cooker.
4. Keep cover in position but not fastened until cooker is filled with jars.
5. Screw cover into position, fastening the opposite clamps until the cover is tight.
6. Close the safety valve.
7. See that the exhaust is open to allow the escape of the cold air until the steam begins to appear.
8. Close exhaust.
9. Begin to count time when the hand on the dial indicates the desired temperature and pressure.
10. Hold a uniform pressure until the end of the processing period. When using an oil stove it is necessary to turn the blaze down. When using a cook stove, the steam pressure cooker can be moved to the back or one side and still maintain the required pressure. The main point is to keep the pressure regular. Changes in pressure from 10 pounds to 15 pounds and back will effect the pressure on the inside of the jars so that the juice may be drawn out.
11. Remove the steam pressure cooker from the fire when the processing period is finished.
12. Allow the cooker to stand in a cool place unopened until the hand on the dial indicates zero. It may be necessary to wait three or four minutes after the cooker registers zero before opening the cooker. Don't wait too long.
13. Open the exhaust gradually until all of the steam escapes.
14. Sealing jars. If the jars were cold packed they are sealed after processing. If the jars were hot packed they are sealed before processing.

a. Can meat be canned with bones?

Yes. But it is a waste of jar space. Can the larger pieces. Cook and bone the smaller pieces. Can the meat after it is boned.

b. Is it all right to can frozen meat?

It may be canned after it is thawed out. It is not a good practice to follow. Meat that has been frozen is not considered in prime condition for canning. A second freezing and thawing will spoil the meat.

c. What is wrong with canned meat above the liquid line when it tastes off flavor?

Decay has started. Undoubtedly there was an imperfect seal. If the meat were left long enough the whole would have the same flavor.

d. What conditions might cause spoilage?

Poor rubbers. Perhaps the rubber rings were not properly tested. Leakage due to nicks in the top or edge of jars. Imperfect seal.

HOW TO PREPARE, CAN AND SERVE CERTAIN MEAT PRODUCTS

Headcheese

1. To prepare

Headcheese is made from the hog's head principally. The head may be skinned or the skin may be used. The jaw bones, eyes, snout, ears are discarded because they are not sanitary and there is danger in using them. The rest of the head is soaked over night in cold salted water and then cooked until the meat will fall from the bone. Chop the meat or put it thru the coarse meat grinder. Add the meat to the liquid in which it was cooked. Season with salt, pepper and sage. Put in pan with weight and when cold slice and serve plain or with meat sauce.

2. To can

- a. Fill cans to one-fourth inch of top.
- b. Process pint cans 50 minutes at 15 pounds pressure - quart cans 60 minutes at 15 pounds pressure in the steam pressure cooker.
- c. Process three hours and a half in water bath.

3. To serve

Slice cold. Serve plain or with meat sauce.

Sausage

1. To prepare.

Any part of the lean meat of pork may be used for sausage. If curing is done at home, it is best to use the "trimmings." The proportion of the parts lean meat and one of fat (scent) gives an excellent sausage. Put the meat thru the grinder a second time to mix the seasons well with the meat. Form into pats. The sausage may be fried down, packed in clean stone jars and covered with fresh lard.

2. To can.

- a. Pack in glass jars and fill with fat to one-fourth inch of top.
- b. Process pint jars 50 minutes at 15 pounds pressure; quart cans 60 minutes at 15 pounds steam pressure.
- c. Process three hours in water bath.

3. To serve

Reheat the meat in jars and serve plain or use one of the following suggestions.

Apples Stuffed with Sausage

Scoop out the pulp of bright red apples. Cut into fine pieces. Mix with seasoned sausage. Refill the apples and bake until tender. May be served with baked potatoes.

Pork Chops

1. To prepare

Remove bone. Cook the chop until well done and browned. The bones may be cooked an hour in the steam pressure cooker for soup stock.

2. To can

a. Pack in jars. Fill to one-fourth inch of top of jar with gravy.

b. Process pint cans 60 minutes at 15 pounds pressure; quart cans 75 minutes at 15 pounds pressure.

c. Process quart cans three and one-half hours in hot water bath.

3. To serve.

Serve plain or as follows.

Pork with Apples

Prepare pork chops, roast or bacon for the table. Quarter apples without peeling. Bright red apples make the most attractive dish. Fry in fat left from meat. When partially cooked add one teaspoon sugar for every apple. Serve on platter with meat.

Pork Chops and Sweet Potatoes

4 sweet potatoes (medium size)	$\frac{1}{4}$ t. salt
4 pork chops	$\frac{1}{16}$ t. pepper
1 t. fine cut sage	4 ts. sugar

Brown pork chops, sprinkle with salt, pepper and sage on both sides. Pare sweet potatoes and place in baking pan. Sprinkle with sugar. Place pork chops on top of potatoes. Add boiling water to pan. Cover and bake until the potatoes are tender.

Rib Roasts

1. To prepare

Spare ribs may be seasoned and roasted until brown. Remove the bones and cut the meat into convenient sizes and pack it into cans.

2. To can

a. Fill cans to one-fourth inch of top.

b. Process pint cans 55 minutes at 15 pounds pressure; quart cans 65 minutes at 15 pounds pressure.

c. Process quart cans $3\frac{1}{2}$ hours in hot water bath.

3. To serve

Reheat meat when ready to serve. Currant jell is excellent with rib roast. Sage dressing may also be served with this roast.

Roast Ham (fresh)

1. To prepare.

Scrape skin clean and wash. Score skin in half inch pieces. Salt and pepper to taste. May use one tablespoon of salt, two tablespoons of brown sugar and one-half teaspoon of pepper for seasoning. Sear roast in greased pan. Add one cup of water. Bake until tender. Baste often.

2. To can

Cut into slices and pack in cans filled to one-fourth inch of top with gravy. Process pint cans fifty minutes and quart cans sixty minutes in the steam pressure cooker. Process three and one-half hours in the hot water bath.

3. To serve

Heat in the cans. Vegetables such as potatoes, sweet potatoes, turnips, carrots or onions may be baked and served with roast. A tart meat sauce or jelly is excellent with roast ham.

Tongue

1. To prepare

Soak tongue in salt water over night. Cook until tender. Skin.

2. To can

Pack in jars and process. Process pint cans 50 minutes and one quart cans 60 minutes at 15 pounds pressure. Water bath $3\frac{1}{2}$ hours.

3. To serve.

Serve cold, sliced, with meat sauce or garnish with parsley.

Tenderloin

1. To prepare

The tenderloin may be seasoned, roasted whole and then cut in lengths to fit cans or it may be cut in two inch pieces, flattened with one blow of cleaver, seared in hot pan (no grease) and cooked until done and brown.

2. To can

- a. Pack in jars filled to one-fourth inch of top.
- b. Process pint cans 50 minutes and one quart cans 65 minutes in steam pressure cooker. Process three and one-half hours in hot water bath.

3. To serve.

The tenderloin is the most tender cut of meat.
Serve plain with brown gravy or meat sauce.

Pig's Foot

1. To prepare

Clean the pig's feet. The hair and nails can be scorched in the coals and scraped off or removed at the same time with the bristles. Boil the pig's feet about four hours in salted water or 60 minutes at 15 pounds in steam pressure cooker. That is until bones can be removed easily. The hocks can be handled the same way.

2. To can

- a. Remove all bones. Strain liquor, combine the two. Season with salt, pepper and sage.
- b. Pack to one-fourth inch of top in jars.
- c. Process pint jars 50 minutes in steam pressure. Quart jars 60 min.
- d. Process in water bath $3\frac{1}{2}$ hours.

3. To serve

Serve cold in slices, garnish with tart jell, meat sauce, parsley or lemon sliced. The slices may be dipped in batter and fried.

Pickled Pig's Foot

Place the cooked pig's feet in stone jar, cover with hot spiced vinegar. Put on weight. Serve cold or dip in butter and fry.

Pig's Feet in Batter

Make the following batter:

- | | |
|------------------------|------------------------|
| $\frac{1}{2}$ c. flour | $\frac{1}{4}$ ts. salt |
| 1 ts. baking powder | $\frac{1}{4}$ c. milk |
| 1 egg | |

Sift the dry ingredients together. Add the milk and well beaten egg. When cooked cut the pig's feet and hocks into convenient size for serving. Dip into the batter and cook to a golden brown in deep fat.

Pig's Feet Souse

When cooked pack pig's feet in stone jars with salt and pepper between layers. Cover with cider vinegar. To serve cut into right size pieces, place in hot pan and cover with medium white sauce mixture. Heat until flour is cooked. An extra amount of salt, pepper or vinegar may be added.

Soup Stock from Bones

1. To prepare

Cover joints, ribs, cracked bones and meat scraps with water and simmer until meat is well cooked. Requires one hour cooking in the steam pressure cooker. Skin off fat. Reheat the meat stock, season and strain. Should jell when cold.

2. To can

- a. Fill cans to one-half inch of top with hot soup. Place cover in position and seal.
- b. Process pint cans 40 minutes at 15 pounds pressure and quart cans 50 minutes at 15 pounds pressure. Process $3\frac{1}{2}$ hours in hot water bath.

3. To serve

Hot. Serve plain or with the addition of cereal grains as barley, rice or cooked vegetables, diced. These may be added to the soup at the time of making.

Scrapple.

1. To prepare

2 c. cornmeal	2 ts. salt
6 c. boiling meat liquor	1 to 2 c. fine meat trimmings
2 tb. flour	$\frac{1}{4}$ c. fat

Mix the dry ingredients. Sprinkle the dry ingredients slowly into the boiling meat liquor. Add the meat, cook for 10 minutes, stirring constantly. Continue cooking in double boiler for three hours, or five to eight hours in a fireless cooker and $1\frac{1}{2}$ hours at 15 pounds pressure in a steam pressure cooker. Cooked meat scraps, cracklings, chopped heart, liver and tongue can be heated and added just before the mush is removed from the stove. The scrapple when finished should be solid like cold mush. If it goes to pieces when frying, probably too much of the meat liquor was used. The gelatin in the meat liquor will be solid when cold but softens down when heated. Use a very hot pan for frying so as to work quickly.

2. To can

Fill jars to one-half inch of top with cooked scrapple. Place covers in position. Process pint cans 70 minutes at 15 pounds steam pressure and quart cans 85 minutes at 15 pounds steam pressure. Process four hours in hot water bath.

3. To serve

Slice cold and prepare as fried mush. Serve hot. A tart preserve, currant gooseberry or cranberry is excellent served with scrapple.

To Try out Lard

Leaf lard is the highest grade lard. Remove all particles of lean meat and tissue from the fat. Put the fat thru the meat grinder. Cover with water and allow to simmer until the cracklings are a golden brown and float. Stir often to prevent burning. Stirring also whitens the lard. Strain thru cloth or fine sieve. Cool. Dark colored lard probably means that the fat was scorched.

Clarifying Lard

Lard which has been used a number of times can be clarified by cooking sliced raw potato in it. Cool and strain.

Lard as a Preservative for Meats

Cook the meat as it is to be served on the table. While hot place in clean stone jars and cover with fresh hot lard. Be sure there are no air spaces about the meat. Store in a cool place. Whenever meat is taken out be sure that the rest is not disturbed. Fill in again with fresh hot lard.

Cracklings

Cracklings from best fat may be used to shorten corn cake, fruit cake and ginger bread. One-half cup is equal to about 2 tablespoons of butter. Do not use cracklings from gut fat except for soap.

Roast Beef

1. To prepare

Prepare meat for roasting. Sear quickly in hot pan, add seasoning and water. Baste often. Bake until done.

2. To can

- a. Cut roast into convenient sizes. Fill cans to one-half inch of top with meat and gravy.
- b. Process pint cans 50 minutes at 15 pounds pressure and quart cans 60 minutes at 15 pounds pressure.
- c. Process for $3\frac{1}{2}$ hours in the hot water bath.

3. To serve

Serve hot, plain, with dressing or vegetables.

Beef Steak

1. Cut steak into right sizes for serving. If a tender cut, sear the meat on both sides in a hot pan with no grease. Cook until done, turning constantly to prevent juices escaping from meat.

2. To can

- a. When done pack in cans. Add gravy to one-half inch of top. Place top in position.
- b. Process pint cans 50 minutes at 15 pounds pressure and quart cans 60 minutes at 15 pounds pressure.
- c. Process three and one-half hours in hot water bath.

3. To serve

Serve hot, plain, with tomato sauce or brown gravy.

Flank Steak

1 flank	2 tb. fine cut parsley
2 c. bread crumbs	1/16 ts. pepper
2 tb. butter or bacon	1 ts. salt
drippings	

1. Mix the dry ingredients. Add the melted butter. Spread the mixture over the steak. Roll steak and tie. Brown in bacon fat. Place in baking pan, cover add one cup of water. Bake 45 minutes.

2. To can

a. Steak may be baked, packed in jars, while hot and processed (1 quart jars) for 80 minutes at 15 pounds pressure.

b. Process four hours in the water bath.

3. To serve

Reheat to remove from cans. A few oysters, strips of bacon, one-half cup of raisins, chopped olives, walnuts, tomatoes or an apple may be used to give variety in flavor to the dressing. A tart fruit sauce or jell may be served with the meal.

Veal birds are made by making individual servings of the stuffed steak or flank steak at the time of preparation. They may be handled the same way as the stuffed steak and flank steak in the canning and serving.

Corned Beef

1. To prepare

Boil corned beef one hour

2. To can

a. Cut the meat into convenient pieces to place in cans. Fill jars to one-half inch of top with meat liquor.

b. Process pint cans 45 minutes at 15 pounds pressure and quart cans 60 minutes at 15 pounds pressure. Process three and one-half hours in the hot water bath.

3. To serve

Serve plain, in hash, croquettes, meat loaf or with vegetables.

Meat Loaf

2 lb. beef	1 egg
1 lb. lean pork	1/3 t. salt
1 1/2 c. bread crumbs	1 slice onion, chopped
3/4 c. milk	1 tb. chopped parsley

Put the meat thru the meat grinder. Add the crumbs, onion, parsley and milk. Knead until sticky. Mold into loaf. Season with pepper, salt and flour. Bake in a well greased pan. Baste with boiling water every five minutes.

Meat Croquettes

1 c. fine cut meat	1 tb. fat
4 tb. flour	1/2 ts. salt

Make a white sauce of the first three ingredients. Mix well with the meat. Shape, roll in bread crumbs, then in egg and finally in bread crumbs. Fry in deep fat. Any kind of meat may be used.

Fried Chicken

To prepare No. 1

1. Prepare the chicken as for serving.
2. To can

Pack in jars. Process pint cans one hour at 15 pounds pressure. Process in hot water bath four hours.

To prepare No. 2

1. The bones may be removed when ready to serve.
2. To can

The meat cut from the bones and packed in jars. Fill jars to one-half inch of top with pan gravy. Process pint cans 55 minutes and quart cans 65 minutes at 15 pounds pressure. Process in water bath four hours.

Chicken Soup Stock

1. To prepare

Simmer the ribs, neck, breast bone, wing tips, shoulder blades and back until the meat will come clean from the bone. This requires one hour at 15 pounds pressure in the steam pressure cooker. Rinse the bones with boiling water. Chop the meat fine.

2. To can

a. To process the meat with liquid fill cans to one-half inch of top and heat quart cans 50 minutes at 15 pounds pressure. Process three hours in hot water bath.

b. To process the soup stock only fill cans to one-half inch of top of jar. Place top in position. Heat quart cans 50 minutes at 15 pounds pressure. Process three hours in the hot water bath.

c. To process the potted meat fill the jars to one-half inch of top; Place tops in position. Heat pint cans 50 minutes and quart cans 60 minutes at 15 pounds pressure. Process three hours in the hot water bath.

d. Noodles may be added to the chicken soup.

Noodles

1 egg flour
 $\frac{1}{2}$ t. salt

Beat the egg. Add the salt. Add enough flour to make a stiff dough. Roll the dough thin. Allow it to dry thirty minutes. Cut into narrow strips. Cook twenty minutes. The noodles are added uncooked to the chicken soup. The jars are filled and processed. Process the chopped meat and soup the same length of time as the uncooked meat.

3. To serve.

No. 1 may be served as creamed chicken, plain on toast or in patties.

No. 2 may be served plain, with vegetables, cereal grains, noodles or dumplings.

No. 3 may be served in salads, creamed chicken or croquettes.

SAUCES TO BE SERVED WITH MEALS

Tomato Sauce

1 c. stewed tomatoes $\frac{1}{2}$ t. salt
2 T. fat 1 slice onion (small)
2 T. flour 2 cloves

Bring the tomato, onion and cloves to a boil. Strain. Mix the dry ingredients. Add the hot tomato juice gradually.

Special Sauce

1 c. hot water or meat liquor
2 T. fat 1 t. lemon juice
2 T. flour 2 ts. Worcestershire sauce
1 T. fine cut pimento or pickle

Mix dry ingredients with fat. Add the hot water, stirring constantly. Cook. Just before removing from the stove add the pimento, sauce and lemon juice.

Mustard Sauce

$\frac{1}{2}$ c. meat stock 1 t. salt
1 T. vinegar 1 t. flour
1 t. sugar 1 t. butter
2 ts. mustard

Mix dry ingredients. Add the vinegar and butter to the hot meat stock. Add the liquor to the dry ingredients, stirring constantly. Cook.

Spiced Apple Sauce

5 medium apples 5 T. horseradish
 $\frac{1}{2}$ c. sugar $\frac{1}{4}$ t. salt
1 c. whipped cream 1 T. fine cut onion

Cook apples, rub apples thru a sieve. Add the sugar and horseradish, salt and onion. Fold in whipped cream.

Lemon Sauce

4 T. butter	1/16 t. salt
2 T. lemon juice	

Cream the butter and add the lemon juice slowly. Serve with meats. One teaspoon of chopped parsley may be added.

Tart Fruit Sauce

1 c. hot water	1½ c. cleaned currants
¼ c. vinegar	1 ts. flour
½ c. currant or gooseberry jell	

Cranberries may be used in place of currants.

Mix the flour to a paste in a little cold water. Cook the other ingredients for ten minutes. Add liquid to flour paste. Cook. Strain.

REFERENCES:

Home canning of meats and Sea Foods with the Steam Pressure Cooker
--by Frantz P. Lund

Pork on the Farm, Killing, Curing and Canning -- by Frantz P. Lund

MENUS USING CANNED MEATS

Breakfast

Rhubarb Sauce
Cream of Wheat Cream
Muffins--Butter Sausage
Milk - Coffee

Dinner

Barley Soup
Mashed potatoes with brown gravy
Stuffed steak Cold Slaw
Graham Bread Butter
Sponge Cake
Milk - Coffee

Supper

Creamed Potatoes Headcheese, sliced
Bread - Preserves Butter
Sauce
Milk Tea

Breakfast

Orange
Pettijohn Cream
Hot corn bread Sausage with apple fry
Butter
Milk - Coffee

Dinner

Corned beef boiled
with
potatoes and assorted vegetables
Bread Butter
Gingerbread-Whipped Cream
Milk - Coffee

Supper

Bread Butter Corned beef hash
Baked Apples
Milk Tea

Breakfast

	Sliced Peaches	
Shredded Wheat		Cream
Toast	Butter	Sausage
Milk	--	Coffee

Dinner

Roast Beef with Tomato Sauce	
Baked Potatoes	String Beans
Bread - cabbage nut salad	- Butter
Devil's Food Cake	
Milk	Coffee

Supper

Creamed potatoes	Sliced roast beef
Bread	Butter
Baked Apple	- Wafers
Milk	- Tea

Breakfast

	Stewed Rhubarb	
Oatmeal		Cream
Waffles	Syrup	Sausage
Milk	-	Coffee

Dinner

Clear Soup	
Roast ham with dressing	
Baked potatoes	Creamed onions
Tomato Salad	
Bread	Butter
Apple Whip	Cookies
Milk	- Coffee

Supper

Tongue with tart fruit sauce	
Potatoes	
Hot biscuit	Jell
Milk	Butter
	Tea

Breakfast

Cracked Wheat	Cream
Sausage with Baked Apple	
Toast	Butter
Milk -	Coffee

Dinner

Chicken Soup	
Baked potatoes	Fried chicken with gravy
Stewed Tomatoes	
Bread	Butter
Cream Puffs	
Milk	Coffee

Supper

Creamed chicken on toast	
Apple sauce	Sugar cookies
Milk	Tea

Breakfast

Plums, canned	
Oatmeal with raisins	Cream
Scrapple	Jelly
Toast	Butter
Milk	Coffee

Dinner

Tomato Soup	
Baked potatoes	Gravy
Beef steak	
Greens with butter	
Bread	Butter
Fruit gelatin whip	Cocoanut balls
Milk	Coffee

Supper

Escalloped potatoes	Croquettes from left
over steak	
Sauce	Cake
Milk	Tea

Breakfast

Berries, fresh or canned
Corn flakes Cream
Pig's Feet in Butter
Biscuit Butter
Milk - Coffee

Dinner

Rice Soup
Browned potatoes Tenderloin
Vegetable Salad Thousand Island Dressing
Bread Butter
Plain custard - Wafers
Milk Coffee

Supper

Warmmed over potatoes Spinach loaf
Toasted biscuit Butter
Sauce Ginger cookies
Milk - Tea